

Participating in athletics could have an effect on student academics, resulting in higher grades. Fifty-five percent of high school students play sports. That's more than 7.6 million kids. Playing sports your whole life will definitely helped you succeed more in the class room. Getting your kids to play sports is one of the most important things to do as a parent. It promotes an overall positive environment that students thrive in. People do not realize the skills and learning that goes into athletics is a transferable skill with academics. Just imagine if half of the 7.6 million student athletes academics improved. These students would not only have fun playing the game they love, but also pick up important characteristics that helps them succeed in the classroom, as well as in the real world.

To be a good athlete you must take care of yourself, and being healthy is an extremely important trait in achieving good grades. There are multiple studies that show the positive correlation between being healthy and achieving higher marks in the classroom. According (source) being physically active on a regular basis relieves symptoms of depression and anxiety and improves mood, while also improving sleep benefits. This will help students be more attentive in the classroom which will result in higher grades. If you pay more attention, obviously you'll succeed more than people who don't.

Discipline in sports is one of the most important traits you will ever have. Sports teach you to be self driven and to try your best no matter what. Some of the most disciplined people in the world exert this feature everyday, showing that this characteristic might just lead you down the same path. Being disciplined from sports gives

you the ability to choose wrong from right. A study done(source) this shows that kids who participate in sports are more disciplined than kids who don't, and this results in higher grades. You have to be disciplined in school to keep up with your grades and make sure you turn all your work and study when needed. The more you study and the more you work, the higher your grades will turn out. When you played sports you are disciplined everyday at practice, and everyday you're learning more and more to help you at school.

Playing sports strengthens your mental capabilities beyond someone who doesn't bother to work out their brain on a daily basis. Coaches provide great advice and may very well be a students role model. These simple things have been proven to help a students learning success. Having a good relationship with your peers lowers stress and improves your social ability. Having a social life may not seem to be that important, but according to (source), it shows that students who have a strong social life are a lot less likely to be stressed, which gives them more time to focus on school. This results in higher grades for students and lower levels of stress.

Playing sports will help you improve your academic ability. All these studies bring up the same exact point. When you play sports, it helps you with many things related to the classroom. These characteristics that you gain from sports have been proven over and over again to help students out in school, no matter what age. Without sports, students would lack basic skills to improve academic ability.

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